

Sefton Family Hubs

Litherland Family Hub

We are always here with a listening ear, any weekday

Monday

9am - 5pm

Family Advice & Guidance Drop-in

Activities for Children 0-5 Years

10am - 11:30am

Little Explorers/Learning Together Drop-in

Hub Club

Seasonal Activities for all the family

3.30-4.45pm

Drop in Gardening club April – September plant, grow, cook and eat from our very own Edible Garden .

Tuesday

9am - 5pm

Family Advice & Guidance Drop-in

Baby Weigh in Clinic

1-4

(Booking required through your Health Visitor)

Activities for Children 0-5 Years

Baby Sensory- up to 18 months 1.30-2.30

SEN Support

Riding the Rapids

10am - 12pm

Targeted Group

Booking Required

Parenting Support

Beekind Parenting course

10-11.30am

(Booking Required comm 22nd April -9th June)

This is a 6 week parenting course that aims to further equip parents/ carers with knowledge and practical strategies to support their child's emotional and psychological well-being.

Wednesday

9am - 5pm

Family Advice & Guidance Drop-in

Activities for Children 0-5 Years

1pm - 2.30pm

Baby Massage starting 15th April 6 week course

Booking required

Targeted Family Support

Aces – Male

2-4pm

(comm 22nd April-24th June)

Booking Required

Youth Support

Custody navigators

Bike maintenance scheme

Closed group

Thursday

9am - 5pm

Family Advice & Guidance Drop-in

Midwife Clinic

9.30 – 3pm

(Booking required through your midwife)

Activities for Children 0-5 Years

10am - 11am

Early Years SEN Stay & Play Group Drop-in

Targeted Family Support

12.30pm - 2:30pm

ACEs Women

Booking Required

Starts 30.4.26

Friday

9am - 5pm

Family Advice & Guidance Drop-in

Activities for Children

0-5yrs

Messy Play

10am-11am

Henry Programme

10-12

Weaning and nutritional support (book on through your Health Visitor)

Boundary Road, Litherland, L21 7LA | 0151 288 6661 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

Monday

Tuesday

Wednesday

Thursday

Friday

Parenting support

Youth Connect 5

10-11.30

(For parents who have children transitioning through their school years)

(comm 16th June – 14th July)

Booking Required

Youth Support

10am - 12pm

ACES (Young People)

St John Bosco

Virtual Offer

- Information, Advice and Guidance
- Breastfeeding support
- Parent Carer Panel

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Sefton Family Hubs

Netherton Family Hub

We are always here with a listening ear, any weekday

Monday

9am - 5pm
Family Advice & Guidance
with essentials community
shop/pantry
Drop-in

Parenting Support
12:45pm - 3:15pm
Breastfeeding Support
Carol.Miles@feelgoodfactory.org.uk
Drop in

ADHD Clinic
1.00-4.00pm
01512824930/ADHDQueries@alderhey.nhs.uk
Referral only by ADHD team

Activities for Children 0-5 Years
1:30 - 2:30pm
Little Explorers/Learning Together
Drop-in

Tuesday

9am - 5pm
Family Advice & Guidance
with essentials community
shop/pantry
Drop-in

Activities for Children 0-5 Years
1.30-2.30
6 steps to success- Advice and Coaching
Follow the 6 steps to success to ensure your child is confident and happy when starting reception class at school. This will support them to settle well, thrive and learn.

Moorcroft's Law Clinic –
Free Legal
10am Drop -In
Advice Monthly
14th April 12th May 16th June 14th July 15th Aug

Wednesday

9am - 5pm
Family Advice & Guidance
with essentials community
shop/pantry
Drop-in

Maternity Support
1pm-4pm
Baby Weigh-in Clinic
Appointment only

Activities for Children 0-5 Years
1:30pm - 2:30pm
Baby Explorers
Drop-in (up to 12mths)

Activities for Children 0-5 Years
1pm - 2.30pm
Baby Massage
Starting 20th May 6 week course
Booking required

Thursday

9am - 5pm
Family Advice & Guidance
with essentials community
shop/pantry
Drop-in

Activities for Children 0-5 Years
Dads Baby Sensory 0-2yrs
1.30-2.30

Sefton Carers Centre
Parent Carer Coffee morning
10:00 am – 12:00 pm (Term time only)
For parents of SEN children, offering support from the team and other parent carers

Friday

9am - 5pm
Family Advice & Guidance with essentials community shop/pantry
Drop-in

Activities For Children 0-5yrs
Messy Play
10-11am
Drop In

SEN Support
10am-2pm
Life is for Living
Support for adults and children
lifesforlivingsefton@yahoo.com
Drop-in

Magdalen Square, Netherton, L30 5QH | 0151 282 1405 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

Monday

Tuesday

Wednesday

Thursday

Friday

Parenting Support

Fortnightly drop in
1.30-2.30pm
Advice, guidance, and support for all the family from the Therapeutic Team

Sen Support

Making sense of my world workshop
2nd June
12.30-2.30pm
Advice, Guidance and support from the Therapeutic Team
Booking only

Infant Feeding

9am-4pm
referral only through Health Visitor
mcn-br.infantfeeding@nhs.net

Sefton Carers Centre

Parent Carer Drop in
1pm-3pm (Term time only)
1-1 sessions for parents of SEN children, offering advice and information.
Book on only call 0151 282 1405 or email netherton.fwc@sefton.gov.uk

CAMHS

9.00 – 5.00
KATIE.JAMIESON@alderhey.nhs.uk
Appointment Only

SEN Support

10am-2pm
Life is for Living
Support for adults and children
livesforlivingsefton@yahoo.com
Drop-in

ADHD Clinic

1.00-4.00pm
01512824930/ADHDQueries@alderhey.nhs.uk
Referral only by ADHD team

Virtual Offer

- Information, Advice and Guidance
- Breastfeeding support
- Parent Carer Panel

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